

Part 3: “Every Ship Has a Helm”

BIG IDEA

As disciples of Jesus, we can navigate our inner lives by developing holy habits out of a love for God.

MAIN SCRIPTURE

[Luke 22:39–40 \(NIV\)](#) – *Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, “Pray that you will not fall into temptation.”*

OPTIONAL VIDEO RESOURCE

Larry Osborne explains that God has expectations for all of His people, but how we live in relationship to Him will be different to those around us. We are free to relate to God how He designed us individually.

View on RightNow Media* - [A Contrarian's Guide to Knowing God: Session 1 Leave the Rules Behind](#)

ICEBREAKER

- 1. On a road trip, what part are you most excited about: a) the planning, b) the ride itself, c) the destination, or d) the memory of the trip?**

DISCUSSION QUESTIONS

STEERING YOUR SOUL

- 2. Are you more likely to do something because it is expected of you, because you believe in it, because it makes sense to you, or because you enjoy it?**

* If you do not yet have a login for RightNow Media, please use this link to join under our Church of the Rock subscription: [Rightnow Media Login Request](#).

All Aboard the DiscipleSHIP – Week 3 Small Group Study

Acts 2:42 (NIV) - *They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.*

In Acts 2:42 above, we see a snapshot of the early church and how they functioned. Throughout the Bible and church history there are many holy habits (also called spiritual disciplines) that have been found helpful for steering our ships, such as:

- Prayer
- Fasting
- Simplicity
- Fellowship
- Purity (Holiness)
- Submission/Obedience
- Study (Bible reading)
- Stewardship & Generosity
- Contemplation
- Self-Examination & Confession
- Silence & Solitude
- Gratitude
- Celebration
- Service
- Self-denial

3. Which of these habits do you most naturally flow into? Which do you struggle with? Are there some that are new to you or unclear? Does this list excite you or discourage you? Why do you think that is?

In developing habits, it can be useful to consider triggers (time or space that reminds you of the habit), activities (the action of the habit), and pay-offs (reward for the activity).

- i.e. It's bedtime (trigger), so I brush my teeth before going to bed (activity), and my mouth feels fresh and my dentist likes me (pay-off).

4. Discuss as a group how you have integrated new habits into your life. What are the challenges or barriers? What things have supported you?

ENJOYING THE JOURNEY

Luke 22:39 (NIV) - *Jesus went out as usual to the Mount of Olives, and his disciples followed him.*

5. Jesus had a rhythm of holy habits in His life (Luke 22:39 above - "as usual"). What was Jesus' motivation for pursuing things like prayer, study, contemplation, solitude, etc.? How did this affect His life and ministry?

All Aboard the DiscipleSHIP – Week 3 Small Group Study

As a different way to look at it, implementing new habits can be difficult if we are relying only upon our natural strength of discipline, but holy habits can be the result of delighting in God if we understand the ways that He has created us to connect with Him. Gary Thomas has identified a number of spiritual pathways[†] that help us understand our natural connections to God. These include:

- *Relational*: Loving God through loving others (Barnabas)
- *Intellectual*: Loving God with your mind (Paul)
- *Worship*: Loving God through adoration and celebration (David)
- *Activist*: Loving God through standing up for righteousness and justice (Nehemiah)
- *Contemplative*: Loving God through silence, solitude and listening (the two Marys)
- *Service*: Loving God by using your gifts (Dorcas)
- *Creation*: Loving God through nature and creativity (Jesus)

6. Have members of your group share stories about how any of these pathways have helped them connect with God. If any of the pathways in the list are not covered by personal stories, then take a moment to discuss what those might look like as well.

Once you have identified how you naturally connect with God, additional habits can be built from there.

7. Some habits are not going to come naturally to every person but are still valuable. Which spiritual habits have been difficult for you? Brainstorm as a group what might be different strategies for building new habits.

8. What is one habit that you want to start incorporating in your life that helps you delight in the Lord?

[†] Gary L. Thomas, *Sacred Pathways: Discover Your Soul's Path to God* (Zondervan, 1996).

ACTIVATION

Pray over each other in the areas you want to grow in regarding spiritual habits/pathways.

THIS WEEK

- A. Try one new holy habit this week.**
- B. Ask Jesus if there is some area in which you have been living out of discipline at the expense of delight.**